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Suprep Bowel Prep Instructions

Preparation the Day Before:

Date: _____

- NO solid foods the day before your procedure.
- Clear liquid diet ALL DAY.
- Clear liquids you may have include: Water, Sprite, Tea, Orange juice (without pulp), White grape juice, Gatorade/Powerade, Chicken broth, Beef broth, Vegetable broth, Jello, Popsicles, Hard candy, Black coffee

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- NO dairy products.
 - Do NOT eat or drink anything RED OR PURPLE.
 - No alcoholic beverages.
 - No oral diabetic medications on the prep day (pills).
 - If you take insulin, take 1/2 morning dose and no insulin in evening.

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- Drink first bottle of liquid Suprep at 5:00 PM
 - Drink second bottle of liquid Suprep at 10:00 PM
 - **Mixing Instructions:** 1.) Pour one 6 ounce bottle of suprep into provided mixing container. 2.) Add cool drinking water or clear liquid of your choice to the 16 ounce line on the container and mix. 3.) Drink ALL of the liquid. 4.) **IMPORTANT:** You **MUST** drink **TWO MORE 16 ounce containers of water or clear liquid over the next hour after each dose at 5:00 PM and 10:00 PM.**

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- **NOTHING** by mouth after midnight. This includes chewing tobacco, chewing gum, and candy.
 - You may have a sip of water the morning of your procedure to take blood pressure, heart, and seizure medications.
 - Hold all other medications until after procedure.
 - You will need a driver for the day of your procedure.

PLEASE CALL OUR OFFICE TO SCHEDULE A FOLLOW-UP FROM YOUR PROCEDURE